

# STOKES COUNTY 2021 COMMUNITY HEALTH ASSESSMENT



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## Acknowledgements

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Special thanks to the Community Health Assessment Team for helping to develop the survey, distribution of the survey and selecting health priorities.

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Daymark Recovery Services

Stokes County Schools

Youth Haven Services

Parenting Path

Surry/Stokes Friends of Youth

## Introduction

Local public health agencies in North Carolina (NC) are required to conduct a Comprehensive Community Health Assessment once every four years. This community health assessment, which describes both a process and a document, is intended to describe the current health status of the community, what has changed since the past assessment, and what still needs to change to improve the health of the community. The process involves the collection and analysis of a large range of data, including demographic, socioeconomic and health statistics, environmental data, and public and professional opinion. The document is a summary of all the available evidence and serves as a resource until the next assessment. Together they serve as the basis for prioritizing the community's health needs, and culminate in planning to meet those needs.

The primary source of health data for this report was the North Carolina State Center for Health Statistics (NC-SCHS), County Health Data, Behavioral Risk Factor Surveillance System, Vital Statistics and Cancer Registry. Other health data sources included: National Center for Health Statistics and local (e.g., hospital, health department and department of social services) data has been included where appropriate. Primary data was collected via community surveys and partnership groups throughout Stokes County.

The purpose of the health survey is to provide updates on key health indicators and to identify emerging public health issues among adults and children residing in the county. Importantly, the survey allows professionals at the SCHD to track health issues over time. To properly address the root causes of poor health, the survey looks beyond risk factors for

individual diseases to factors in the physical and social environment that influence health, such as safety, poverty, and educational attainment.

Survey participants were asked to provide demographic information about themselves by selecting appropriate responses from lists describing categories of age, gender, race and ethnicity, education level, and household income level. This demographic information was collected in order to assess how well the survey participants represented the general population of the county. Other survey items sought participants' opinions on health problems and behaviors. Participants also were asked questions about their personal health and health behaviors. All responses were kept in confidence and not linked directly to the respondents in anyway.

## Executive Summary

Ongoing assessment of the health status of the population is a core function of local health departments, and improving the availability of high quality health information and services remains a major priority for the Stokes County Health Department (SCHD). The SCHD Health Education/Promotion Section is charged with carrying out this assessment function by collecting, assessing and disseminating population-based health information to plan, evaluate, and develop policies, programs and services by collaborating with individuals and agency partners within the county. The SCHD is the primary gatherer of information about access to health care, health care utilization, health behaviors, health status, and knowledge and perceptions of health-related issues among the Stokes County population.

### The Value of the Community Health Assessment:

- Compile community health related data and data interpretation, promotion, collaboration and partnership among community members and groups.
- Fulfill society's interest in assuring conditions in which people can be healthy.
- Share the assessment process and findings with the county residents and educate local partners, residents, health care providers, and students regarding pressing health problems.
- Create collaborative interventions to promote better health, while empowering community members to act on issues of concern.
- Advocate for lasting community change with politicians and other local decision makers.

- Create a safe environment for persons living healthy lives to employ good health practices.
- Identify emerging issues.
- Generate baseline data by which to monitor performance to plan public health organizational and programmatic changes.
- Provide performance measures for strategic public health planning.
- Serve as a reference point and historical perspective for future county assessments.
- Provide a resource for activities such as writing grant applications. Maintain local public health accreditation status.
- Comply with the North Carolina Public Health Consolidated Agreement.
- Learn about the level of emergency preparedness of Stokes County residents and the community.

### What is a Community Health Assessment?

A community health assessment (CHA) is the foundation for improving and promoting the health of community members. The role of the community health assessment is to identify factors that affect the health of a population and determine the availability of resources within the community to adequately address these factors.

In a community based assessment, the community members take the primary responsibility for determining the focus of the assessment activities at every level, including collection and interpretation of data, evaluation of health resources, identification of health problems, and development of strategies for addressing these problems. In this view, the community assessment is done by the community rather than simply an assessment conducted on a community.

The community health assessment process begins with the development of the community based team. Once the team is established they work to collect data from the community and other resources, analyze this data, establish health priorities based on this data and conclude the process by creating a report based on what they have learned about the health of the county and disseminating it to community partners and members.

Per the NC Public Health Consolidated Agreement, local health departments are required to conduct a comprehensive CHA once every four years. The CHA is intended to study the current health status of the community, what has changed since the last assessment, and what still needs to change to improve the health of the community.

The CHA is also a vital component of the North Carolina Public Health Accreditation process. The CHA report accounts for seven accreditation benchmarks and numerous activities required for those benchmarks. The completion of the CHA process and document is essential for the Stokes County Health Department to remain an accredited health department.

While the CHA is required of the health department it is also considered good public health practice. Assessment is one of the three core functions of public health and a major part of the ten essential public health services because the outcome report helps drive strategic plans for public health activities, programs and services.

The CHA is a combination of primary and secondary data. The purpose of the health assessment is to provide updates on key health indicators and to identify emerging public health issues among adults and children residing in the county. Importantly, the assessment allows professionals at the Stokes Public Health Department to track health issues over time. To properly address the root causes of poor health, the survey looks beyond risk factors for

individual diseases to factors in the physical and social environment that influence health, such as safety, poverty, and educational attainment.

The CHA survey data is the primary data collected for the health assessment process. This large sample size enabled the survey to provide estimates not only of the health of the county population overall, but of people residing in the county's many different geographic regions. This assessment also provides valuable information about the health of the county's major racial/ethnic sub-groups and numerous other demographic groups. Data are collected from households of all educational and income levels, including the most vulnerable residents and those living below the federal poverty level.

The secondary data collected for the health assessment process came from the North Carolina State Center for State Health Statistics' Community Health Data Book 2017, the U.S. Census Bureau American Community Survey, the Kids County Data Center, the NC Employment Security Commission and other published data as noted within this document.

The CHA Committee members from various constituents and agencies identified, analyzed and prioritized community health problems using the primary and secondary data that were both qualitative and quantitative. The following were just a few issues that were considered when choosing top health priorities: 1) the county's growing need for mental health services 2) continued increase in substance abuse within the county, 3) the growing number of chronic health conditions related to obesity or lack of physical activity 4) the access of care to individual within very rural parts of Stokes County.



## History and Geography

Stokes County was founded in 1789 and is a member of the regional Northwest Piedmont Council of Governments. County government is made up of 5 Elected County Commissioners with an appointed County Manager and appointed Tax Administrator. Other elected officials are the Sheriff, Clerk of Court, and Register of Deeds. School Board Members are elected to a five-member board that appoints a Superintendent and presents the budget to County Commissioners for approval. The Health Department is a department within the County Government System. There are nine major divisions (Executive, Clinical Services, Environmental Health, Health Administration, CMARC/CMHRP, WIC, Health Education and Emergency Preparedness) within the department and those together employ personnel totaling 29 full time employees who deliver multiple public health programs and services to the citizens of Stokes County. There are three facilities from where team members work to serve the public.

According to the U. S. Census Bureau the county has a total area of 456 square miles (1,181 km<sup>2</sup>), of which, 452 square miles (1,170 km<sup>2</sup>) of it is land and 4 square miles (10 km<sup>2</sup>) of it (0.89%) is water. The county lies within the Piedmont region of western North Carolina, and most of the terrain consists of gently rolling countryside. However, the Sauratown Mountains run across the center of the county. The Sauras are named after the Saura Native American tribe which lived in the county before European settlement. A chain of jagged ridges, the Sauratown Mountains are an isolated remnant of the Blue Ridge Mountains far to the west. Although the Sauratown Mountains occupy only 5% of Stokes County, they dominate the scenery from almost any direction, abruptly rising from 800 to 1,700 feet (520 m) above the surrounding terrain. Moore's Knob, the highest point in the chain, rises to 2,579 feet (786 m). Most of the county is less than 1,000 feet (300 m) above sea level. The Dan River runs from the Northwest Corner to

the Southeastern section of Stokes County (Covering over 56 Miles of River Recreation). Stokes County is home to Hanging Rock State Park and also has the mass majority of Belews Lake (located in the southeast corner).



## Demographics and Social Economic Issues of Stokes County

Stokes County is made up of several incorporated towns and many unincorporated towns. The incorporated towns include the City of King which is the largest municipality in the county with a population of 7,197, Walnut Cove with a population of 1,586 and Danbury with a population of 183. Stokes County Demographics shows the county population standing at 44,553 which is a 4% decrease since the last Community Health Assessment in 2016.

As for race breakdown, Caucasian make up 90.9% of the population, African American 4.1%, Hispanic of any race 3.31%, races of two or more 1.3%, and 0.4% American Indian/Alaskan Native. The breakdown of population by age; under the age of five stands at 4.5%, persons under the age of 18 is 18.5%, person 65 years of age or older is 21.8% of the population. The majority of the population 55.2% is between the ages of 18-64 years of age. Per Capita money income in the last 12 months (2021) was \$27,979 and the median household income range was \$51,668 compared to \$56,642 for North Carolina. In Stokes County 12.1% of individuals live below the poverty level compared to North Carolina's rate of 12.9%.

The biggest issue that Stokes County is faced with is the lack of mental health resources. The individuals with mental health issues cycle through county services: hospital emergency departments and, social services. Even if there is access to care, there are cultural stigmas to mental illness that are particularly acute in rural areas and may keep people from seeking care. In a small community where everyone knows everyone, many don't want their car seen in the parking lot of a behavioral health specialist. Despite all of the obstacles, a movement toward changing the balance of access and care in rural regions is showing signs of life.

We have found that those individuals with mental health problems that do not seek help or treatment will often become involved in the aforementioned substance abuse problem in our county. These individuals may turn to prescription drugs or illegal drugs to help the mental conditions that they have (self-medicate) instead of seeking help with a professional.

There is a lack of medical providers for this county along with longevity of professional staff for the health department. The area north of the mountain range is considered medically underserved. Access to care for primary care physicians and dentists are still very low compared to the state averages. In 2019, there were 17 primary care physicians (MD), 9 physician's assistants, and 5 general dentists in Stokes County.

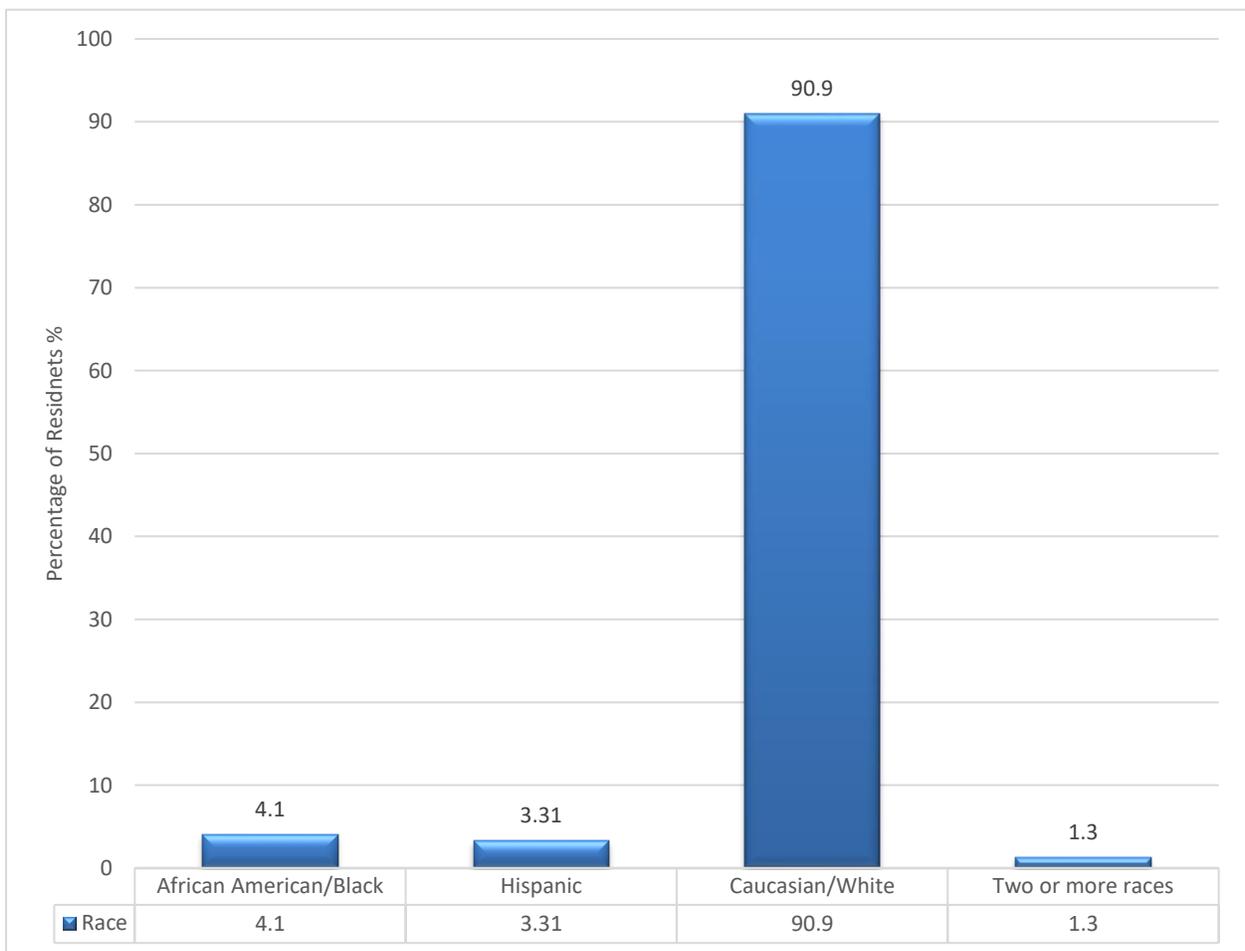
Stokes County being a rural county our population tends to show higher incidence of disease in a number of areas including heart disease, respiratory disease, and disability associated with chronic health conditions, and obesity. Rural populations disproportionately suffer from chronic disease relative to the general public. Access to quality health care in rural areas is restricted by poor infrastructure and a smaller health care workforce, hindering the utilization of preventative health services and compromising the implementation of wellness and healthy lifestyle programs.

Stokes County has one rural critical access hospital; LifeBrite Community Hospital. In addition, there are two urgent cares now in King. Stokes County Health Department also sees a number of individuals in their primary care clinic. Often, many of these patients need referrals to other medical providers in other counties due to their complicated medical needs that our practitioners cannot treat to the standard of practice as needed. With the low number of medical providers, lack of services at the county hospital and ease of access to care, it makes it hard for individuals to receive medical care in Stokes County. Add individuals for being uninsured and

underinsured, lack of county funds, along with the Department of Social Services assigning individuals to the health department as their primary care providers, makes it a very unique situation in trying to provide care for the citizens of Stokes County and still address all the public health mandates.

### Racial Composition

Stokes County is predominately white, with minorities making up approximately 8.71% of the population. In Stokes County, 90.9% of the population consider themselves to be of one race.



Source: U.S. Census.gov 2021

## Population Growth

- Stokes County has experienced a -4% growth in population from 2016 to 2021.
- The city of King has the highest population at 7,197 people, the city of Walnut Cove has a population of 1,586 and the city of Danbury has a population of 183.

<u>Location</u>	<u>2016</u>	<u>2021</u>	<u>Growth %</u>
<b>Stokes County</b>	47,401	44,553	-4%
<b>North Carolina</b>	10,146,788	10,551,162	4%

Source: State Center for Health Statistics, North Carolina

## Education

### North Stokes Average Test Scores

#### Average ACT Scores

<b>Subject</b>	<b>Average Score at This School</b>	<b>This School's State Percentile Rating</b>	<b>State Average of All NC Schools</b>
English	15.1	38th	16.1
Math	17.3	33rd	18.1
Reading	16.3	27th	18.4
Science	16.8	35th	18.0
Writing	4.5	23rd	5.5

Nearly all North Carolina public and charter school students who are enrolled in grade 11 for the first time are required to take the ACT. In the chart above, you can get a sense for how the average ACT scores at North Stokes High School stack up against those of other high schools in North Carolina.

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End of Course Scores

EOC Biology:



EOC English 2:



Average SAT Scores

Subject	Average Score at This School
Reading	531
Math	541
Composite Score	1072
SAT Participation Rate	29 %

North Stokes High School had an average SAT score of 1072 (math and reading combined). This means the school's average SAT scores ranked #112 out of 410 NC high schools (**73rd percentile**). On this site, you can see the [SAT scores of North Carolina high schools](#). The SAT participation rate at North Stokes High School was 29% in our most recently available data. Above you can also see how the school's ACT scores compare to other schools in North Carolina.

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## South Stokes Average Test Scores

### Average ACT Scores

Subject	Average Score at This School	This School's State Percentile Rating	State Average of All NC Schools
English	13.8	27th	16.1
Math	16.6	25th	18.1
Reading	16.5	29th	18.4
Science	16.9	36th	18.0
Writing	5	34th	5.5

Nearly all North Carolina public and charter school students who are enrolled in grade 11 for the first time are required to take the ACT. In the chart above, you can get a sense for how the average ACT scores at South Stokes High School stack up against those of other high schools in North Carolina.

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### End of Course Scores

EOC Biology:

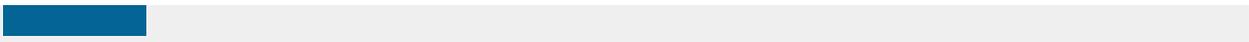


33% - Level 4 (Solid)

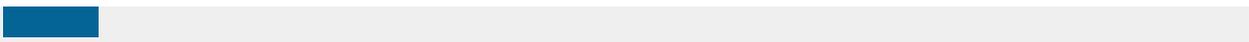


5% - Level 5 (Superior)

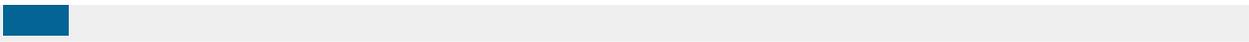
### EOC English 2:



24% - Level 1



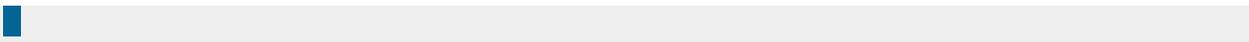
16% - Level 2



11% - Level 3



45% - Level 4 (Solid)



< 5% - Level 5 (Superior)

### Average SAT Scores

Subject	Average Score at This School
Reading	530
Math	540
Composite Score	1070
SAT Participation Rate	50 %

South Stokes High School had an average SAT score of 1070 (math and reading combined). This means the school's average SAT scores ranked #114 out of 410 NC high schools (**72nd percentile**). On this site, you can see the [SAT scores of North Carolina high schools](#). The SAT participation rate at South Stokes High School was 50% in our most recently available data. Above you can also see how the school's ACT scores compare to other schools in North Carolina.

## West Stokes Average Test Scores

### Average ACT Scores

Subject	Average Score at This School	This School's State Percentile Rating	State Average of All NC Schools
English	15.5	41st	16.1
Math	17.6	36th	18.1
Reading	18.2	43rd	18.4
Science	17.8	45th	18.0
Writing	5.1	36th	5.5

Nearly all North Carolina public and charter school students who are enrolled in grade 11 for the first time are required to take the ACT. In the chart above, you can get a sense for how the average ACT scores at West Stokes High School stack up against those of other high schools in North Carolina.

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### End of Course Scores

EOC Biology:



## EOC English 2:

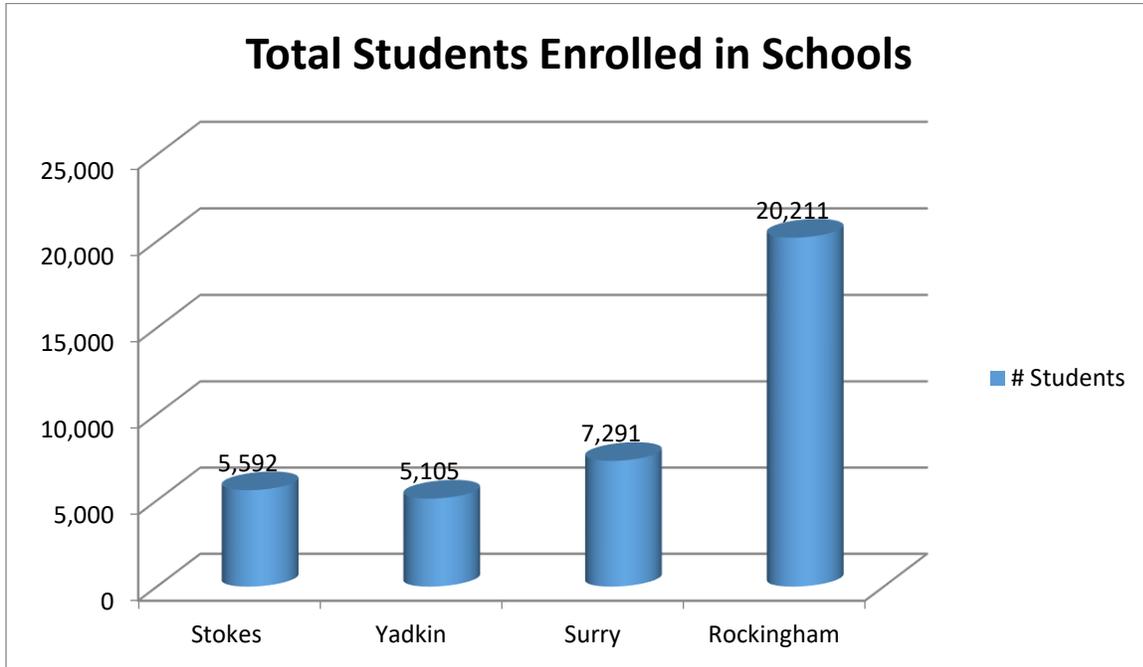


### Average SAT Scores

Subject	Average Score at This School
Reading	544
Math	540
Composite Score	1085
SAT Participation Rate	31 %

West Stokes High School had an average SAT score of 1085 (math and reading combined). This means the school's average SAT scores ranked #101 out of 410 NC high schools (**75th percentile**). On this site, you can see the [SAT scores of North Carolina high schools](#). The SAT participation rate at West Stokes High School was 31% in our most recently available data. Above you can also see how the school's ACT scores compare to other schools in North Carolina.

## School Enrollment



Source: North Carolina Department of Public Instruction

The enrollment for Stokes County Schools for 2021 was 5,592 students which is lower than enrollment from 2016 which was 9,287.

### Elementary Schools:

Germanton Elementary School

King Elementary School

Lawsonville Elementary School

London Elementary School

Mount Olive Elementary School

Nancy Reynolds Elementary School

Pine Hall Elementary School

Pinnacle Elementary School

Poplar Springs Elementary School

Sandy Ridge Elementary School

Walnut Cove Elementary School

**Middle Schools:**

Chestnut Grove Middle School

Piney Grove Middle School

Southeastern Middle School

**High Schools:**

Meadowbrook Academy

Stokes Early College

North Stokes High School

West Stokes High School

South Stokes High School

Child Care Programs in Stokes County

Program Name	Owner or Director	Star Rating	Telephone #	Location/Mailing Address
First Step Child Care	Amy Mots-Myers	3	336-591-9151	7384 Hwy 8 South Germanton, NC 27019

Hope Child Care Center	Shirley Sturgill	4	336-591-1807	1075 Stevens Acers Rd Walnut Cove, NC 27052
Kidz Community Childcare	Linda Smith Christy Johnson	4	336-983-8393 336-413-2290	995 Brown Rd PO Box 1706 King, NC 27021
King First Baptist Child Development	Collen Rabenold	4	336-983-9332	108 School Street PO BOX 1257 King, NC 27021
New Life Childcare 1 NC Pre-K	Nann Phillips	4	336-591-3109	415 Summit Street PO Box 855 Walnut Cove, NC 27052
Kindercare	Ginger Shore	3	336-983-2024	109 Village Way King, NC 27021
Learn and Grow Academy	Danielle Motley Michelle Motley	Prov.	336-591-9351	4547 Pine Hall Road Walnut Cove, NC 27052

### Head Start Centers

Danbury Head Start	Donna Sims	5	336-593-8113	1070 Hospice Drive Danbury, NC 27016
Mt. Olive Head Start		5	336-985-5260 336-367-4993	2145 Chestnut Grove Rd. King, NC 27021
Sandy Ridge Head Start	Jill Johnson	5	336-871-2551	1308 Amostown Rd. Sandy Ridge, NC 27046

## Pre-K Locations

King Elementary	Marcia Saunders	4	336-983-5824	152 East School Street PO Box 1839 King, NC 27021
London Pre-K	Mia Flowers	5	336-591-7204	609 School Street Walnut Cove, NC 27052
Pinnacle Elementary Pre-K	Anna Jones	5	336-368-2990	1095 Surry Line Rd Pinnacle, NC 27043
WC Elementary Pre-K	Penny Linville, Barbara Welch, Lisa Wyatt	5	336-591-4408	1211 Walnut Cove School Rd Walnut Cove, NC27052
Poplar Springs Elementary	Casey Campbell	5	336-985-0234	223 Hobe Kiser Rd. King, NC 27021

<b>Other Childcare or Private Childcare</b>				
Little Bears	Wanda Cranfill	2	336-407-0751	116 Brighton Dr. King, NC 27021
Tonya's Tots	Tonya Rockhold	3	336-983-8970	2124 Chestnut Grove Rd. King, NC 27021
Calvary Christian		1	336-983-3728	536 South Main Street King, NC 27021
King Moravian Preschool	Tina Pratt	n/a	336-983-4003	234 W. Dalton Rd. King, NC 27021

Pea Pods (YMCA)	Heather Adams	n/a	336-983-9622	105 Moore Rd. King, NC 27021
Praise Place	Dee Dee Pierce	n/a	336-469-2469	

## Socioeconomics

Socioeconomic status as measured either by income or level of education is strongly correlated with health status. In general, population groups that suffer the worst health status also are those that have the highest poverty rates and lower levels of education. Disparities in income and education levels are associated with differences in the occurrence of illness and death, including heart disease, diabetes, obesity, elevated blood level, and low birth weight. Higher incomes permit increased access to medical care, enable people to afford better housing and live in safer neighborhoods, and increase the opportunity to engage in health-promoting behaviors. The economy has certainly changed since the last Stokes County Community Health Assessment which was completed in 2016. The North Carolina unemployment rate as of 2021 was 4.2% with the rate for Stokes County being 4.8%.

## Top 25 Employers in Stokes County

1	Stokes County Board of Education	Education & Health Services	500-999
2	Wieland Copper Products LLC	Manufacturing	250-499
3	County of Stokes	Public Administration	250-499
4	Wal-Mart Associates Inc.	Trade, Transportation, Utilities	250-499

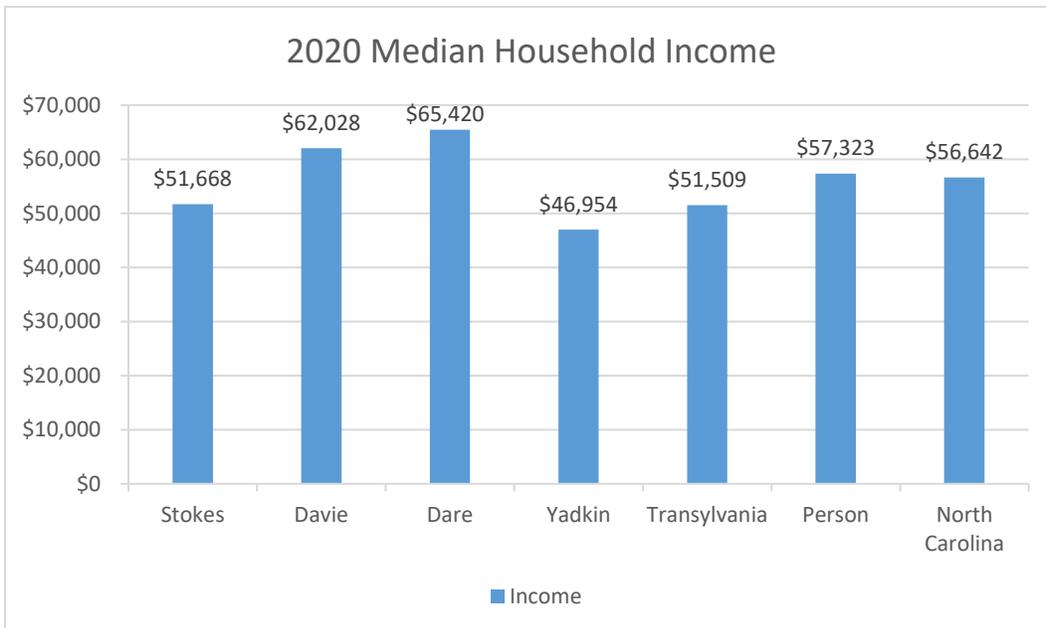
5	Melan Construction Company Inc.	Construction	100-249
6	Lifebrite Hospital Group of Stokes	Education & Health Services	100-249
7	Food Lion	Trade, Transportation, Utilities	100-249
8	YMCA of Northwest North Carolina	Leisure & Hospitality	100-249
9	Priddy Manor Assisted Living	Education & Health Services	50-99
10	Autumn Corporation	Education & Health Services	50-99
11	Universal Health Care/ King Inc.	Education & Health Services	50-99
12	Forsyth Technical College	Education & Health Services	50-99
13	City of King	Public Administration	50-99
14	Lowes Foods	Trade, Transportation, Utilities	50-99
15	Bill Hanks Lumber Co (A Corp)	Manufacturing	50-99
16	Shoreline Healthcare Management LLC	Education & Health Services	50-99
17	US Postal Service	Trade, Transportation, Utilities	50-99
18	Dairi-O	Leisure & Hospitality	50-99
19	Parkdale America LLC	Manufacturing	50-99
20	Prn Inc. Pc ( A Corp)	Education & Health Services	50-99
21	Ingles Markets Inc.	Trade, Transportation, Utilities	50-99
22	Kindred Hospitals East LLC	Education & Health Services	50-99
23	NC Department of Transportation	Public Administration	<50

24	Hiring Line Inc.	Professional & Business Services	<50
25	Dollar General	Trade, Transportation, Utilities	<50

Source: NC Commerce, Labor and Economic Analysis Division, Top 25 Employers by NC County.

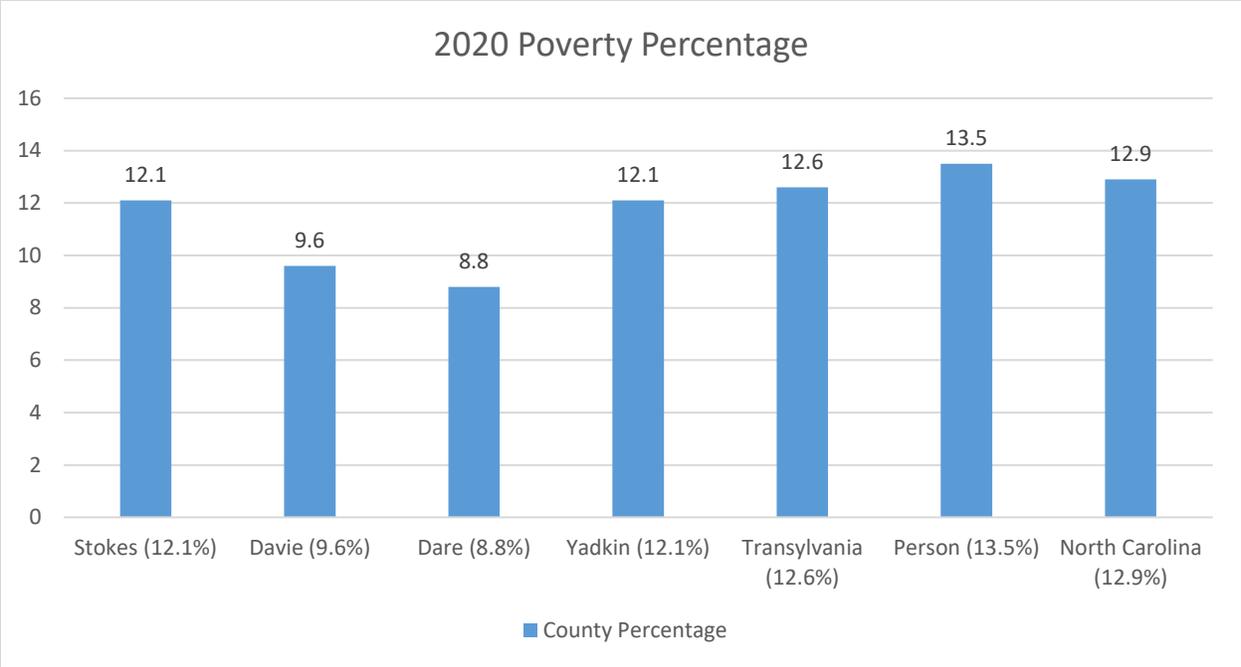
## Median Household Income

Stokes County came in fifth when compared to peer counties for median household income in 2020. The median for Stokes is \$51,668 compare North Carolina at \$56,642.



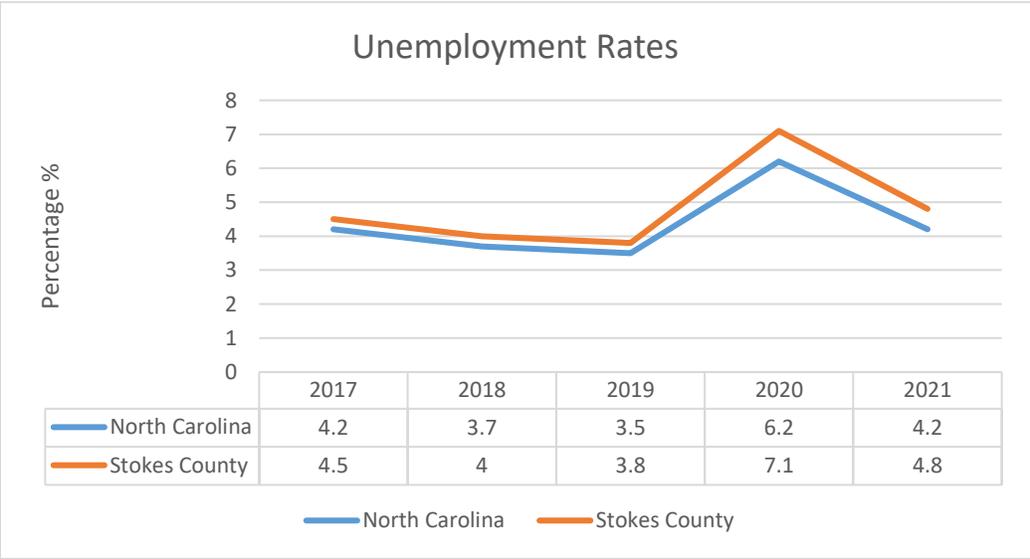
## Poverty

In 2020, Stokes County had 12.1% population living in poverty. Overall North Carolina had 12.9% population living in poverty. When compared to our peer counties we are roughly the same percentage as all except for Davie and Dare.



### Unemployment Rates

Stokes County’s unemployment rate was .6% higher than North Carolina’s rate for 2021. In 2016 Stokes County’s unemployment rate was 4.5% and North Carolina’s rate was 4.9%.



## Access to Care

For the following data the first percentage is for Stokes County and the second is the percentage for North Carolina. The year that is listed with this data is also the last time the data was updated. (NCIOM, North Carolina Health Profile)

### Uninsured Adults

% of adults age 18 to 64 years without health insurance	<b>14.6%</b>
	<b>15.5%</b>
	2018

### Uninsured Children

% of children age 18 and under without health insurance	<b>5.3%</b>
	<b>5.4%</b>
	2018

### Medicaid & CHIP Enrollees

% of population enrolled in Medicaid or CHIP	<b>22.7%</b>
	<b>25.0%</b>
	SFY 2019

### Health Care Workforce - Primary Care Physicians

Primary care physicians per 10,000 population	<b>3.7</b>
	<b>8</b>
	2019

### Health Care Workforce - Dentists

Dentists per 10,000 population	<b>1.5</b>
	<b>5</b>
	2019

### Health Care Workforce - Psychiatrists & Psychologists

Psychologists, psychiatrists, addiction psychiatrists, and pediatric psychiatrists per 10,000 population

0.4  
3.6  
2019

### Health Care Workforce - Birth Attendants

OBGYNs/family medicine physicians/CNMs per 10,000 population

2.5  
4.2  
2018

### 2020 Active Healthcare Professionals

#### **Physicians**

Non-Federal Physicians	24
Primary Care Physicians	17
Family Practice	4
General Practice	0
Internal Medicine	0
Obstetrics/Gynecology	0
Pediatrics	3
Federal Physicians	0
Physicians per 10,000 Population	5.17
Primary Care Physicians per 10,000 Population	3.66

#### **Nurses**

Registered Nurses	192
Nurse Practitioners	21
Certified Nurse Midwives	0
Licensed Practical Nurses	90

#### **Other Health Professionals**

Chiropractors	3
Occupational Therapists	11
Occupational Therapy Assistants	6

Optometrists	8
Pharmacists	32
Physical Therapists	17
Physical Therapist Assistants	13
Podiatrists	11
Practicing Psychologists	0
Psychological Associates	1
Respiratory Therapists	6

**Dentists and Dental Hygienists**

Dentists	5
Dental Hygienists	24

## Adult Health

When it comes to adult health, we think of different ways to keep our bodies healthy from washing our hands and vaccines to cancer prevention. We should be aware that it is just as important to pay attention to our bodies signs and symptoms to know which adult health warnings we should report to our doctor at a regular check-up. Some medical attention signs we should be cautious of includes unexplained weight loss, changes in bowel habits, chest pains, shortness of breath and sudden headaches. For preventative adult health care, regular physical exams and health screens are essential. By knowing which screening test you would need and how often to have the test completed is key to early detection to support successful treatment.

Regular health exams and tests can help find problems before they start. They also can help find problems early, when your chances for treatment and cure are better. By getting the right health services, screenings, and treatments, you are taking steps that help your chances for living a longer, healthier life. Your age, health and family history, lifestyle choices (i.e. what you

eat, how active you are, whether you smoke), and other important factors impact what and how often you need healthcare.

Stokes County was ranked #40 among the 100 NC counties for overall health outcomes in the 2021 County Health Rankings (where 1 is “best”). The County Health Rankings provide a snapshot of the factors that affect health in Stokes County and allow us to compare the health status of our county to the health status of other counties and of North Carolina. County Health Rankings provide the reminder that where we live matters to our health. The factors that influence our health are far greater than access to medical care, although this is also a part of the overall ranking. The County Health Rankings measure factors associated with community health, ranging from socioeconomic indicators and behavioral risk factors to environmental health determinants.

### Stokes County Health Rankings

	North Carolina	Stokes County
Life Expectancy	78.1	76.9
Frequent mental distress	13%	16%
Diabetes prevalence	12%	16%
Drug overdose	22	34
Motor vehicle crash deaths	14	18
Median household income	\$57,400	\$52,400
Suicides	13	20
Firearm Fatalities	14	19
Broadband access	81%	70%

County Health Rankings & Roadmaps (2021)

### Leading Causes of Death

### **Leading Causes of Death in North Carolina 2019**

**Location:** STOKES

**Race:** all

**Gender:** both

**Hispanic Origin:** all (Hispanic, Non-Hispanic, and Unknown)

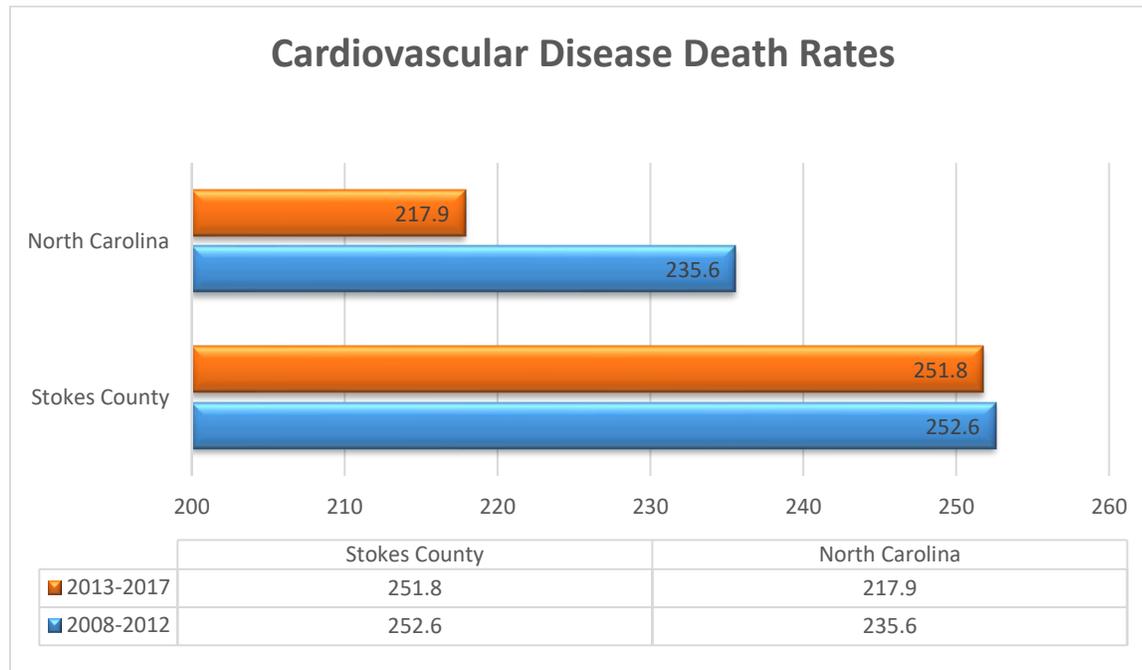
**Age:** 0 - 99 years

Note: Age 99 indicates age 99 years or older.

<b>Rank</b>	<b>Cause</b>	<b>Number</b>	<b>%</b>
1	Diseases of heart	125	22.7
2	Cancer	107	19.5
3	Chronic lower respiratory diseases	40	7.3
4	All other unintentional injuries	33	6.0
5	Cerebrovascular diseases	25	4.5
6	Alzheimer's disease	19	3.5
7	Diabetes mellitus	16	2.9
8	Nephritis, nephrotic syndrome and nephrosis	13	2.4
9	Influenza and pneumonia	11	2.0
10	Chronic liver disease and cirrhosis	10	1.8
	Motor vehicle injuries	10	1.8
	All other causes (Residual)	141	25.6
	<b>Total Deaths -- All Causes</b>	<b>550</b>	<b>100.0</b>

Source: State Center for Health Statistics, North Carolina

## Cardiovascular Disease



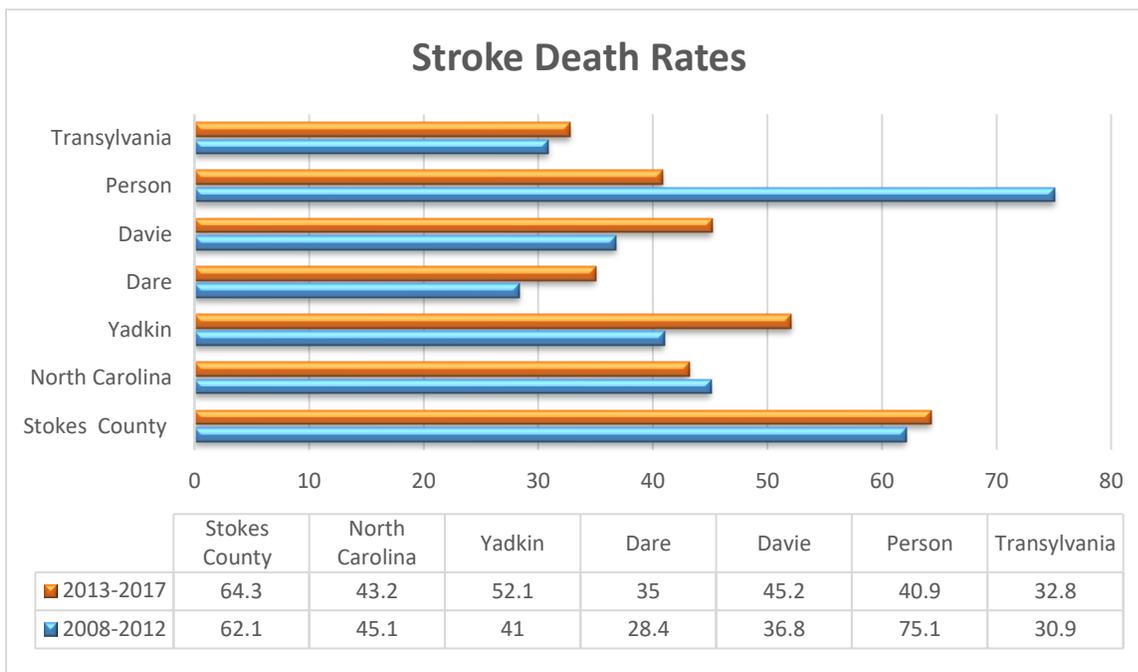
Source: North Carolina State Center for Health Statistics

This chart displays the number of cardiovascular disease related deaths from 2008-2017 in Stokes County versus the number of cardiovascular disease related deaths during this time period in North Carolina. From 2008-2012, Stokes County had 252.6 heart disease related deaths while North Carolina had 235.6 related deaths. From 2013-2017, Stokes County had 251.8 cardiovascular disease related deaths while NC had 217.9 related deaths. Stokes County has increased the number of deaths related to cardiovascular disease during this time period. However, our death rate is roughly the same as states rate. Cardiovascular disease risk factors that contribute to heart disease mortality include tobacco use, diet, physical inactivity, obesity, and alcohol. Heart disease is the leading cause of death in the United States, and stroke is the fifth leading cause. Healthy People 2030 focuses on preventing and treating heart disease and stroke and improving overall cardiovascular health.

Heart disease and stroke can result in poor quality of life, disability, and death. Though both diseases are common, they can often be prevented by controlling risk factors like high blood pressure and high cholesterol through treatment.

In addition, making sure people who experience a cardiovascular emergency-like stroke, heart attack, or cardiac arrest; get timely recommended treatment can reduce their risk for long-term disability and death. Teaching people to recognize symptoms is key to helping more people get the treatment they need.

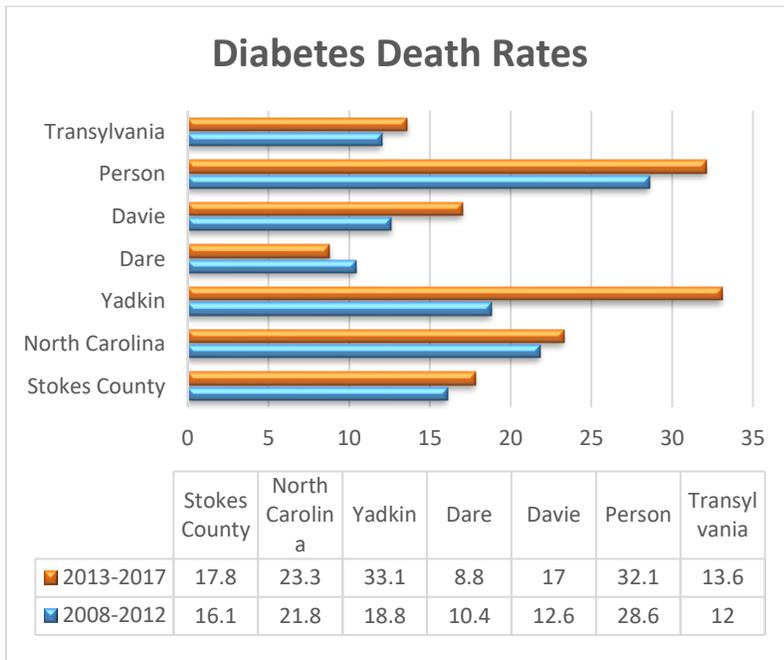
### Stroke



Source: North Carolina State Center for Health Statistics

The chart to the above compares Stokes County and North Carolina’s age-adjusted death rates that are stroke related from 2008-2012 and 2013-2017 per 100,000 people. Stokes County has a higher rate of 64.3 deaths related to stroke for every 100,000 people compared to North Carolina 43.2 deaths related to stroke for every 100,000 people. Stokes County has a higher rate of death compared to North Carolina for 2013-2017 as well as our peer counties.

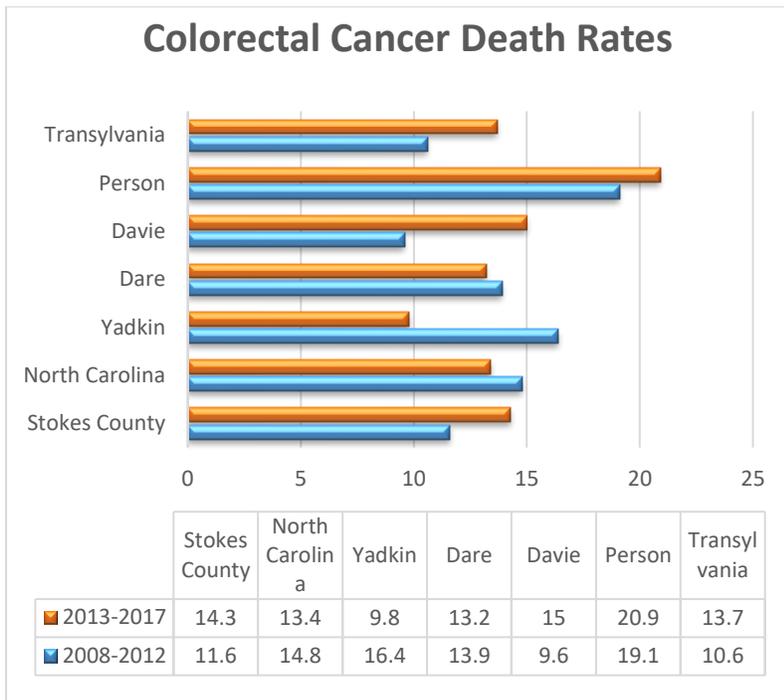
## Diabetes



Source: North Carolina State Center for Health Statistics

This chart displays the trends in diabetes death rate for Stokes County and its peer counties as well as the state from 2008-2017. Stokes County's diabetes related mortality rates has remained consistent, since the 2016 Community Health Assessment.

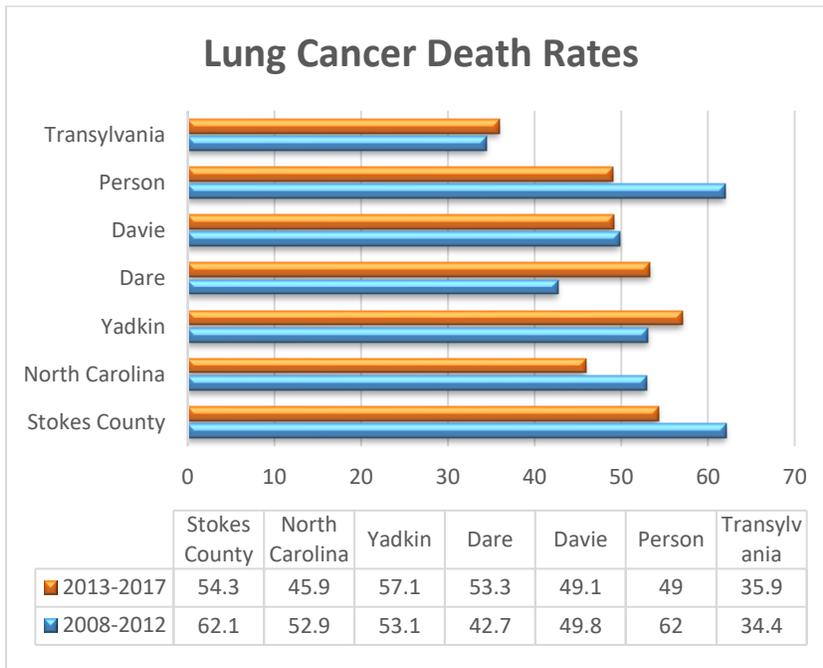
## Colorectal Cancer



Source: North Carolina State Center for Health Statistics

Stokes County has the second highest rate for Colorectal Cancer at 14.3%. Person County has an 20.9% rate which is the highest of all our peer counties. When compared to the state rate we are approximately 1% higher.

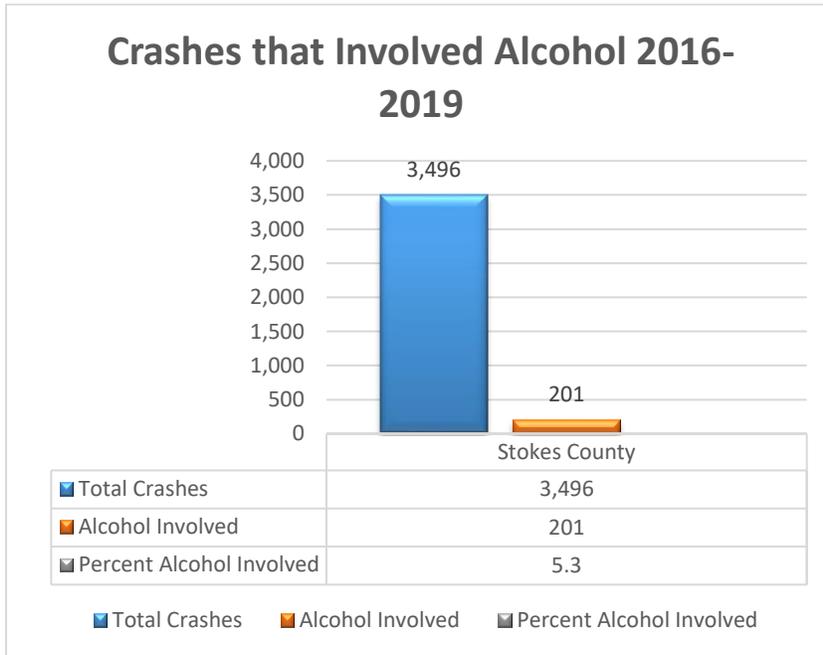
## Lung Cancer



Source: North Carolina State Center for Health Statistics

This graph displays that for the years 2013-2017 Stokes County has a higher rate (54.3) of lung cancer deaths per 100,00 population compared to North Carolina's rate (45.9). Stokes County also has a higher rate compared to all peer counties except Yadkin.

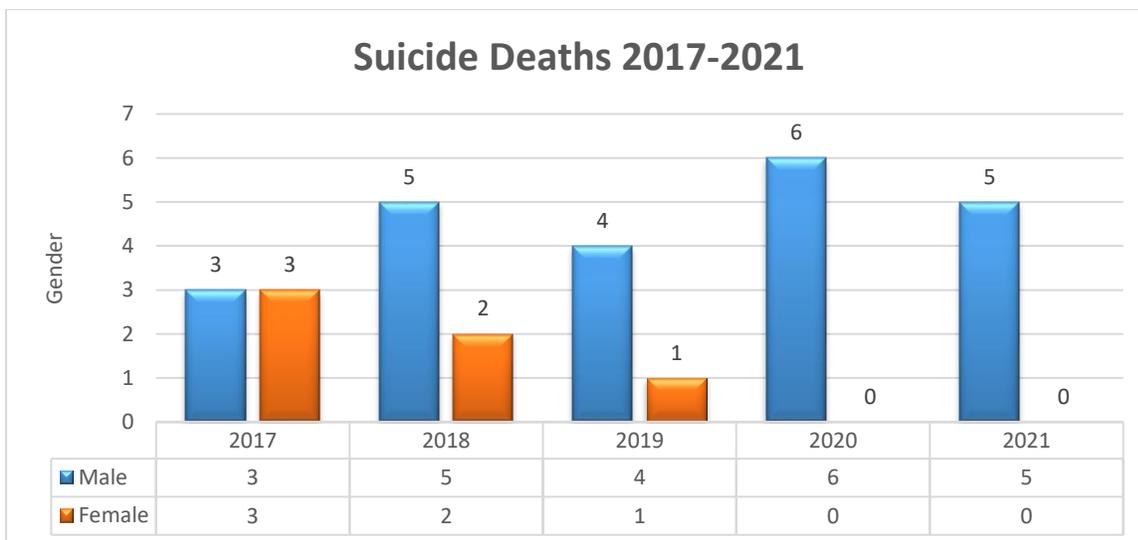
## Alcohol Related Traffic Crashes



Source: North Carolina Alcohol Facts

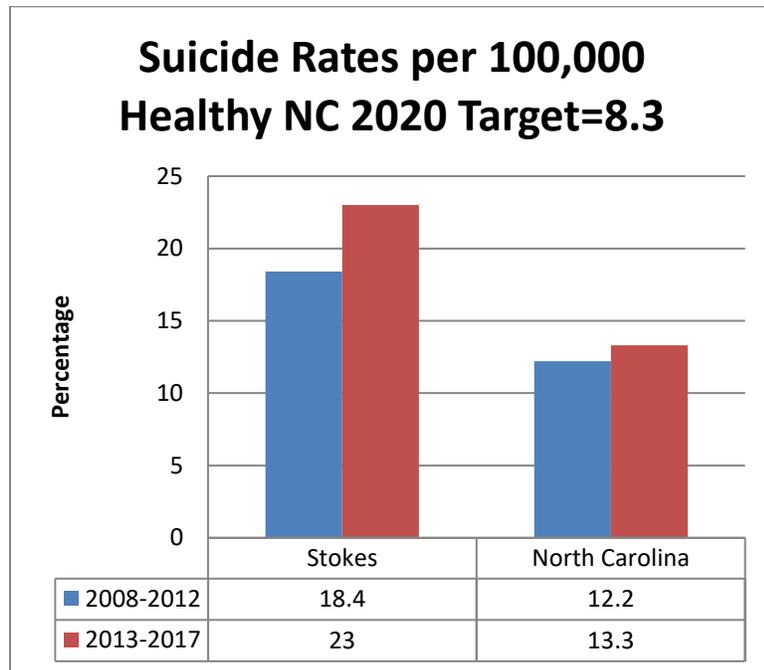
Stokes County had 201 traffic crashes where alcohol was involved between 2016-2019. Stokes County's has a 5.3 percent alcohol involved crash rate.

## Suicide



According to the Vital Records for Stokes County between 2017-2021 there have been a total of 29 deaths that were ruled as suicide. The lack of knowledge on how to obtain mental health treatment is

poor in Stokes County, proving that mental health disparities are often a leading factor to high suicide rates. The most suicides per age group was the 60-69 with 9 people.



The chart to the left displays age-adjusted suicide death rate per 100,000 population for Stokes County and North Carolina. Stokes County has a higher rate of 18.4 deaths related to suicide per 100,000 population compared to North Carolina that has 12.2 related suicide deaths per 100,000. Stokes County has a higher rate compared to North Carolina and the surrounding counties

Source: North Carolina State Center for Health Statistics

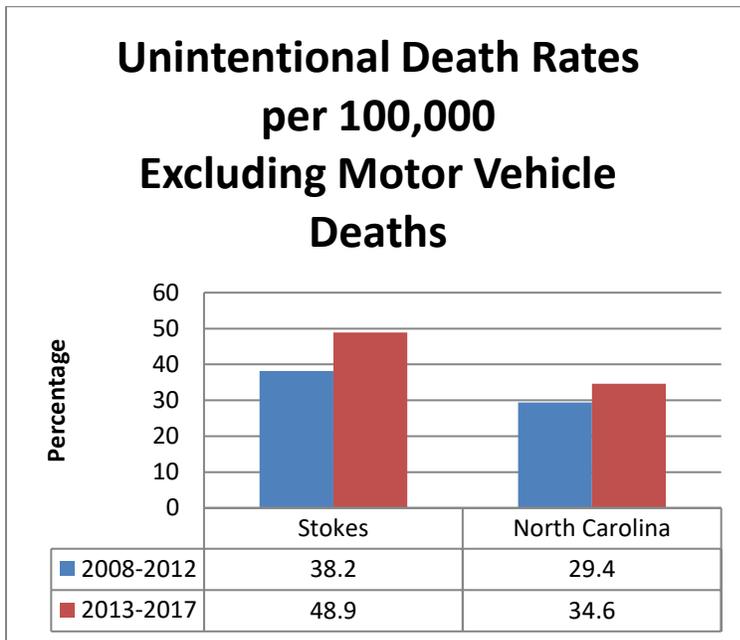
Mental Health and suicide rates have been a problem in Stokes County for more than ten years and are increasing ever year now. Some causes are associated with drug use or misuse of prescription drugs. The fact that we are a rural county with little to no mental health resources continues to hurt the citizens. There are individuals that need mental health help desperately in this county and can't get it. This is when some turn to substance abuse and sometimes even suicide.

Covid has also caused more mental health issues with the elderly and school age children. Physical distancing due to the COVID-19 outbreak can have drastic negative effects on the mental health of the elderly and disabled individuals. Physical isolation at home among family members can put the elderly and disabled person at serious mental health risk. It can cause anxiety, distress, and induce a traumatic situation for them. Kids can experience anxiety, distress,

social isolation, and an abusive environment that can have short- or long-term effects on their mental health.

Transportation is still an issue for some individuals that have to travel outside of Stokes County for mental health services. Also, being a rural county there is still a stigma with needing mental health services, sometimes we have seen this based on the age of the individual.

### Unintentional Deaths



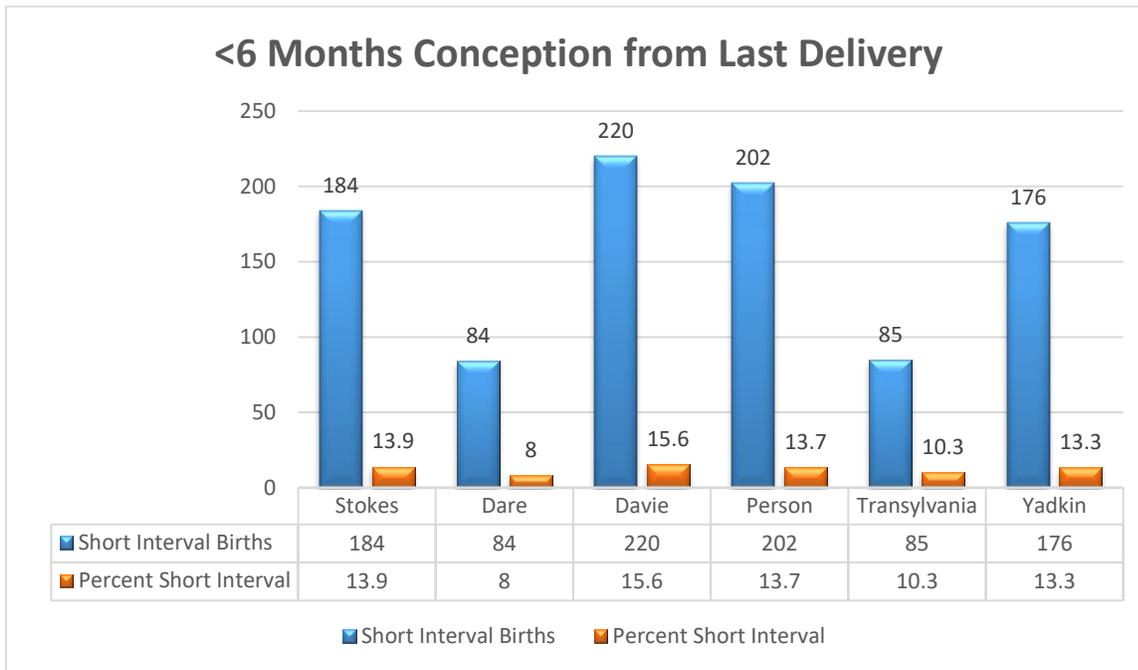
The unintentional death rates per 100,000 population for Stokes County and North Carolina are shown in this chart. Stokes County has a higher rate of 48.9% in years 2013-2017 than the state which has a rate of 34.6%.

Source: North Carolina State Center for Health Statistics

### Pregnancy

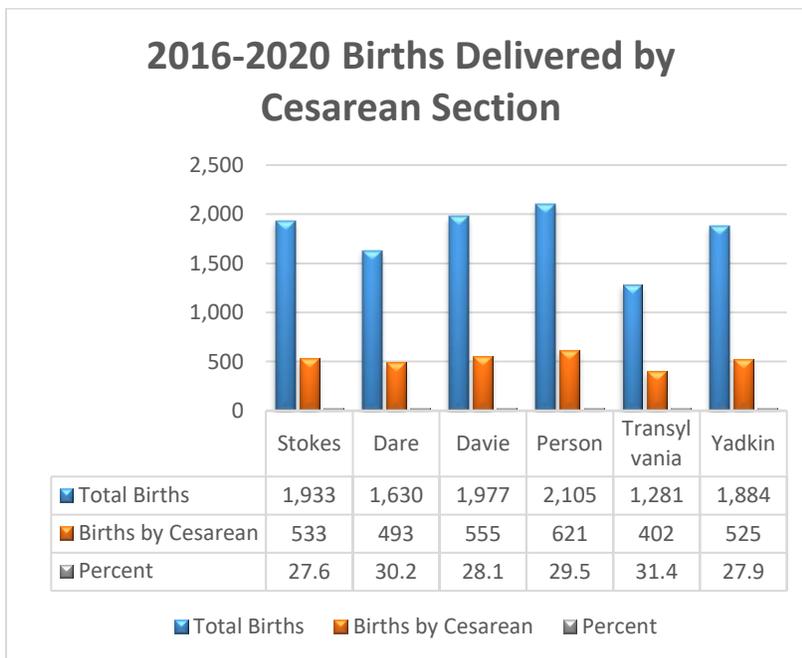
- Stokes County had 1,933 reported pregnancies in 2016-2020.
- Stokes County has rate of 16.4% of women who smoked during pregnancy. This rate is the second highest among our peer counties. In comparison to North Carolina's rate (8.1%) Stokes County is more than double. Women who smoke during pregnancy put themselves and their child at a greater risk for health problems. Smoking during pregnancy can cause premature birth, birth defects, and infant death.

## 2016-2020 NC Live Births



Source: County Health Data Book, NC State Center for Health Statistics

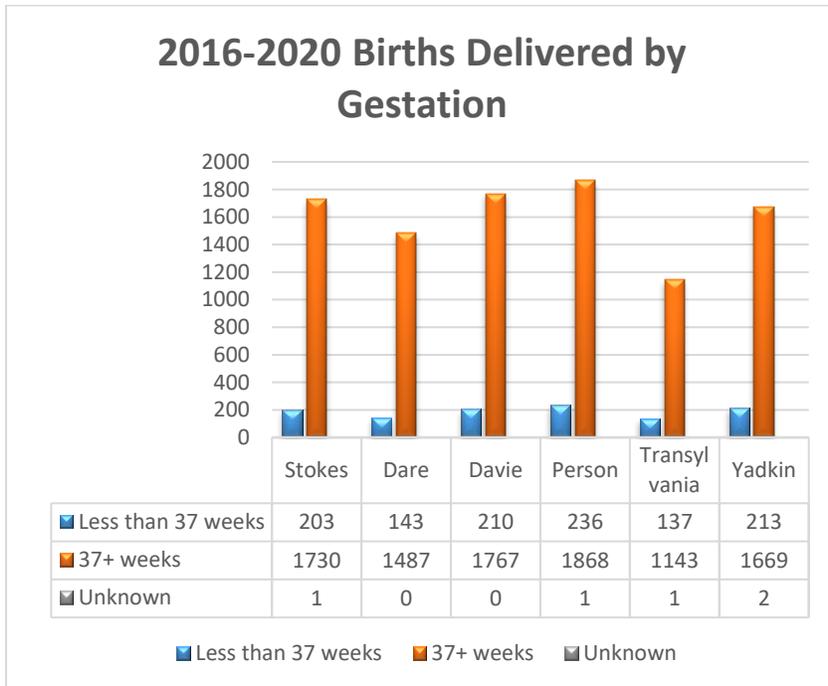
## Cesarean Section



Source: County Health Data Book, NC State Center for Health Statistics

The chart to the left shows the percentage of births delivered by Cesarean section from 2016-2020. North Carolina has a slightly higher percentage compared to Stokes County. Compared to surrounding counties, Stokes County overall has the same percentage of cesarean births as our peer counties.

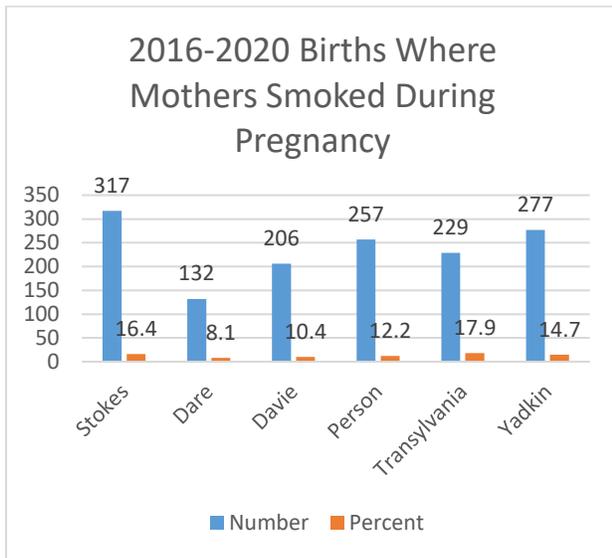
### Births Delivered by Gestation



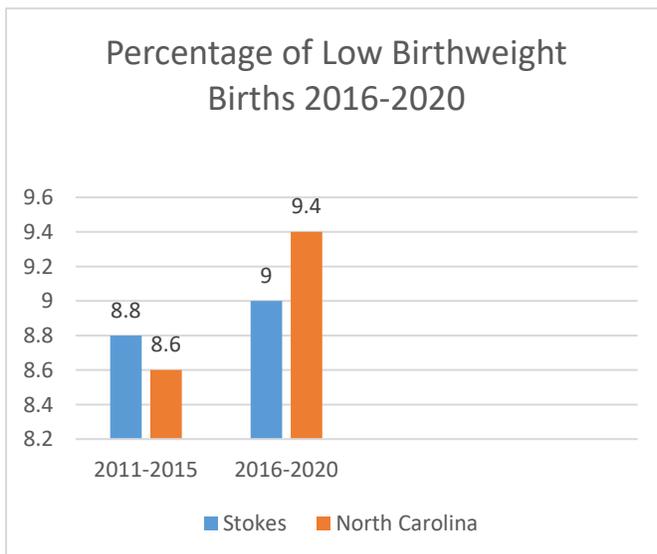
Source: County Health Data Book, NC State Center for Health Statistics

Stokes County in has had 1,933 births in this four-year span. The majority of those births were 37+ weeks (1,730). Babies that were delivered at less than 37 weeks were 203. We are somewhat equal to our peer counties.

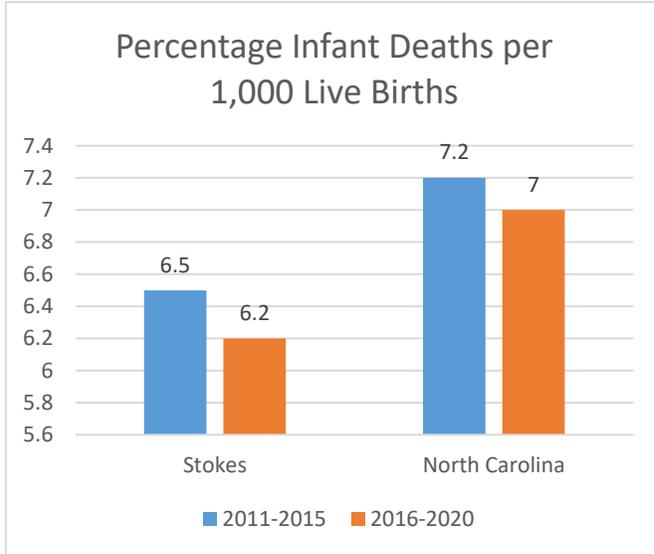
## Smoking During Pregnancy



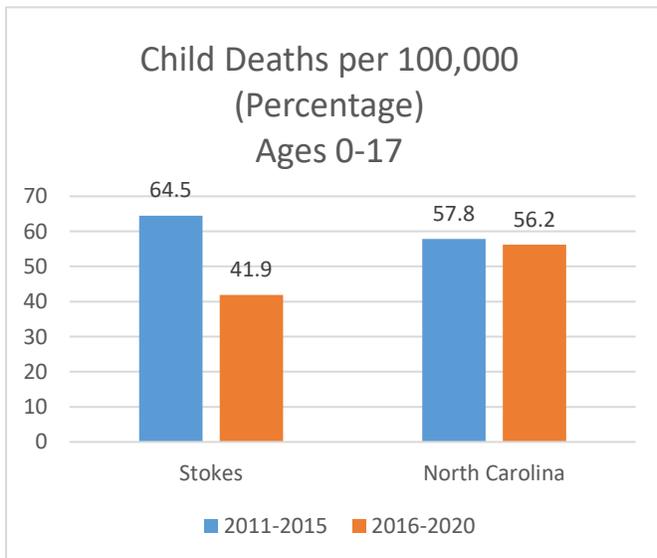
## Low Birthweight



## Infant Deaths



## Child Deaths



## Stokes County Communicable Disease Reports

Disease Classification	Total confirmed cases 19/20	Total confirmed cases 20/21
Haemophilus Influenza	3	1
Hepatitis C (Chronic)	39	63
Rocky Mountain Spotted Fever	7	2
Ehrlichiosis	1	2
Lyme Disease	4	9
Cryptosporidiosis	1	5
Salmonellosis	4	6
Campylobacter Infection	11	12
Hepatitis B (Chronic)	2	5
E Coli	5	2
Legionellosis	1	1
Hepatitis A	23	3
Chlamydia	105	138
Gonorrhea	36	50
Hepatitis B	-	5

## Stokes County Health Resources Inventory

### ADOPTION

#### **Bennett and West, Attorneys at Law**

PO Box 775  
607-D South Main Street  
King, NC 27021  
Phone: (336) 983-317

#### **Family Services, Inc.**

1200 South Broad Street  
Winston Salem, NC 270101  
Phone: (336) 722-8173

Website: [Family Services \(familyservicesforsyth.org\)](http://familyservicesforsyth.org)

Coordinates adoption process for families and assists families after adoption; working with local agencies as well as international agencies; foster care for our babies awaiting placement.

*\*Accepts Medicaid, Bilingual Services available for some services.*

#### **Hope Pregnancy Care Center**

PO Box 604  
117 Charles Rd  
King, NC 27021  
Phone: (336) 983-3990  
Website: [www.hopepcc.org](http://www.hopepcc.org)

#### **R. Michael Bruce, Attorney at Law**

PO Box 280  
404 North Main Street  
Danbury, NC 27016  
Phone: (336) 593-9240

#### **Stokes County Department of Social Services**

PO Box 30  
1010 Hwy 8 & 89  
Danbury, NC 27016  
Phone: (336) 593-2861

Website: [www.co.stokes.nc.us](http://www.co.stokes.nc.us)

*\*Bilingual services available, will provide interpreter when needed.*

## **ADULT HEATH PROGRAMS**

### **The Children's Home**

1001 Reynolda Road  
Winston Salem, NC 27104  
Phone: (336) 721-7600  
Website: <https://www.crossnore.org/>

*\*Accepts Medicaid*

### **Ty Browder, Attorney at Law**

PO Box 550  
404 North Main Street  
Danbury, NC 27016  
Phone: (336) 593-9240

### **American Cancer Society**

4-A Oak Branch Drive  
Greensboro, NC 27407  
Phone: (336) 834-0844  
Fax: (336) 834-8777  
Website: [www.cancer.org](http://www.cancer.org)

### **American Red Cross- NWNC Chapter**

690 Coliseum Drive  
Winston Salem, NC 27106  
Phone: (336) 724-0511  
Fax: (336) 724-0541  
Website: [www.nwnc-redcross.org](http://www.nwnc-redcross.org)

### **Cancer Services, Inc.**

3175 Maplewood Avenue  
Winston Salem, NC 27103  
Phone: (336) 760-9983  
Fax: (336) 760-1282  
Website: [www.cancerservicesonline.org](http://www.cancerservicesonline.org)

*\*Bi-Lingual Services Available: Leave a message on the Spanish Line and a Spanish speaking person will return your call. Provides free educational programs to the community about cancer prevention and early detection. Also provides educational opportunities to cancer survivors to learn more about coping, health concerns, and treatment issues.*

### **Digestive Health Specialists**

JR Jones Medical Center  
434 Kirby Road  
King, NC 27021  
Phone: (336) 768-6211  
Fax: (336) 768-6869  
Website: [King | Digestive Health Specialists](http://King | Digestive Health Specialists)

## **ADULT HEATH PROGRAMS (continued)**

### **Forsyth Medical Center**

3333 Silas Creek Parkway

Winston Salem, NC 27103

Phone: (336) 718-8233

Website: [www.forsythmedicalcenter.org](http://www.forsythmedicalcenter.org)

*\*Accepts Medicaid*

### **Stokes County Recreation Department Facilitated by the Stokes Family YMCA**

PO Box 39

1070 Hospice Drive

Danbury, NC 27016

Phone: (336) 593-8165

Fax: (336) 593-2112

### **Stokes County Health Department/Family Health Center**

PO Box 187

1009 Main Street

Danbury, NC 27016

Phone: (336) 593-2400

Website: <https://www.co.stokes.nc.us/departments/health.php>

*\*Accepts Medicaid*

## **CHILD HEATH PROGRAMS**

### **Stokes County Health Department/Family Health Center**

PO Box 187

1009 Main Street

Danbury, NC 27016

Phone: (336) 593-2400

Website: <https://www.co.stokes.nc.us/departments/health.php>

*\*Accepts Medicaid*

### **Stokes Partnership for Children**

151 Jefferson Church Rd

King, NC 27021

Phone: (336) 985-2676

Website: [HOME | stokespfc](#)

The Stokes County Community Health Assessment Committee reviewed the results from the 2021 Community Health Assessment Community Survey; discussed focus group questions along with the secondary data collected and developed a list of health priorities for the county. All members from these two committees represent various groups of individuals with diverse experience and knowledge. The top three health priorities chosen to focus on are:

1. Mental Health
2. Substance Abuse
3. Chronic Disease

The committee selected these three health priorities for Stokes County in hopes to improve mental health care being offered and increasing access to care. These areas are to be addressed by the various county agencies and committees and through health promotion within Stokes County.